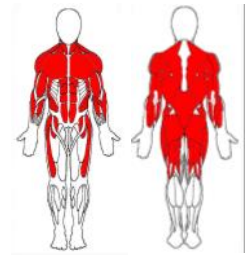


STRETCHING



OFFICE



GLUTEAL & LOW BACK



GLUTEAL & ABDUCTORS



GLUTEAL & ABDUCTORS



GLUTEAL & ABDUCTORS



BICEPS & FOREARMS



BACK & LATS



OBLIQUES



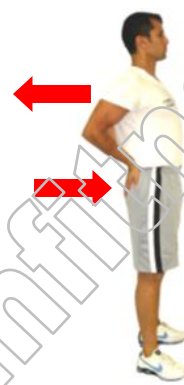
SHOULDERS & RHOMBOIDS



NECK



TRICEPS



SHOULDERS & CHEST



LATS

• Hold each stretch for 15-30 sec • Stretch slowly • Stop if you feel pain